

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JUNE 29, 2007



Lance Cpl. Edward C. deBree

The Outlaws of Combat Service Support Group 3 pose with the championship trophy after defeating the Warriors of Headquarters Battalion, 14-3, in the Intramural Softball League championship game Monday at Annex Field.

We are the Champions *Outlaws walk away with playoffs, season*

Lance Cpl. Edward C. deBree
Combat Correspondent

The Outlaws of Combat Service Support Group 3 defeated the Warriors of Headquarters Battalion with power-hitting and good defense in a two-game battle for the championship Monday at Annex Field.

After defeating the Easy Riders of Helicopter Anti-Submarine Squadron Light 37, 13-4, the Warriors pumped themselves up to take on the Outlaws who finished first in the season and were looking to come out on top in the playoffs.

From the benches on the Outlaws' side, hecklers taunted the Warriors shouting, "They just got done playing, they're not loose enough to win."

As the game was underway, both teams proved to the spectators that a matter of one or two runs would win the game.

In the first inning, Warriors' third baseman, Maurice N. Cork, was able to get the game started by running in to home in the top of the first, but the run would not go uncalled by the Outlaws, as centerfielder Travis Eslinger sprinted from third to home in the bottom of the first.

It wasn't until the fourth inning that the score began to lean heavy on the side of the Outlaws as coach Michael McMahon wailed the ball up in the air and over the fence for a three-run homerun, 4-1.

The Warriors began to make a comeback in the sixth inning, as the Outlaws were ahead, 7-2. Base hits proved to be a strong advantage as each batter gained a base to eventually even the scoreboard, 7-7.

In a last attempt to pull away from this game as the victors, the Outlaws' hitter Noel Tipon hit a double. It was on second base where he made the mistake of attempting to take third.

As Tipon sprinted to third, the ball had already beaten him there and Tipon was caught in a pickle. As he dodged tags, and sprinted back and forth, Tipon made the decision to try to slide past the tag and remain safe on second, but he was tagged out and the championship would be decided in a second game.

Playing three games in a row proved to be the Warriors' downfall.

Eslinger smacked the ball and brought in three runs in the second inning, 3-0. The Warriors answered the Outlaws runs with three

See CHAMPS, C-2

'We Ready' wins 3-on-3 tournament, takes home trophy

Pfc. Ethan Hoaldrige
U.S. Marine Corps Forces, Pacific

CAMP H. M. SMITH, Hawaii — Michael McKinney's dominant inside game and his teammates' outside shooting led the U.S. Pacific Command basketball team "We Ready" to a 15-12 win over the U.S. Marine Corps Forces, Pacific "Unknowns" to clinch the championship in a 3-on-3 basketball tournament at the base gym, Friday.

It was the second time the two teams faced off in the double-elimination tournament.

We Ready sent the Unknowns to the consolation bracket with an 11-8 loss the first day of the four-day event.

"There were really only two teams that gave us good competition," McKinney said. "[The 3-Pointers] and the [Unknowns] gave us a run for the money."

Hustle and good shooting from We Ready's guards Johnny Pickett, Bruce Clark



Pfc. Ethan Hoaldrige

Michael McKinney, U.S. Pacific Command "We Ready" power forward, drives past an opponent during a 3-on-3 tournament at the base gym, Thursday. We Ready went on to take the championship game versus the U.S. Marine Corps Forces, Pacific Unknowns 15-12 on Friday.

and Jamal Mosley gave McKinney operating room in the paint, where the majority of their points came.

The 3-Pointers lost 10-11 versus We Ready, and subsequently played the Unknowns who were waiting in the consolation bracket.

Mitchell Oshkeshequoam, Unknowns forward, made crucial rebounds, allowing his teammates Ryan Ashley and Ethan Hoaldrige to catch fire for a combined 11 consecutive points, defeating the 3-Pointers 11-4.

"We knew [We Ready] was watching us that game, and they were going to come ready to defend against our shooting," Ashley said. "We had to play aggressive defense and shoot well to win."

Unfortunately for the Unknowns, We Ready was absolutely ready for the challenge Friday.

"We couldn't let them get any clean looks. We had to get a hand in their face every shot," McKinney said. "It worked out and we got the trophy."

Former NBA players visit troops in Iraq

Sgt. Anthony Guas
2nd Marine Aircraft Wing (FWD)



Sgt. Anthony Guas

Former National Basketball Association center Shawn Bradley towers over Staff Sgt. James Norwood, Marine Aviation Logistics Squadron 29 staff noncommissioned officer-in-charge, as he signs an autograph during a meet and greet at the Morale Welfare and Recreation center aboard Al Asad, Iraq June 12.

AL ASAD, Iraq — In an effort to show their support and appreciation to the service members serving in Operation Iraqi Freedom, three former National Basketball Association players came to Iraq.

Former NBA point guard Kenny Anderson and centers Thurl Bailey and Shawn Bradley visited the service members aboard Al Asad, Iraq, June 12.

Anderson was drafted in 1991, played for various teams and made the All-Star roster in the 1993-94 season. He is ranked 12th in the NBA in steals per game and logged more than 400 assists seven times in his 14 year career.

Before being drafted by the Utah Jazz in 1983, Bailey was part of the 1983 National Collegiate Athletic Association basketball championship team, the North Carolina State Wolfpack. He played 12 years in the NBA and currently works as an analyst for the Jazz.

See NBA, C-2

Sports Around Base

Youth Soccer

Marine Corps Community Services Youth Activities’ Youth Soccer will begin in August. For more information, call 254-7611.

Parents for Fitness

The Parents for Fitness Program is a cooperative baby-sitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer baby-sit three times per month and is open for children 6 weeks and older. For more information, contact Dana at 235-8901.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers. Avoiding the traffic and crowd of Oahu’s South Shore, Bill Collectors charters fish from the uncrowded waters of windward Oahu. Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island. Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping. Reservations are required. Call 254-7666 for Kaneohe or 477-5143 for Camp Smith for more information.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities’ contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store. Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call Youth Activities at 254-7610.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283 for appointments.

K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and 50 cents to rent shoes. For more information, call K-Bay Lanes at 254-7693.

K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win! For more information, call the K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation. You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings. They will do all this and tailor a program, based on your physical needs and ambitions. For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency. Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts. The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido



Lance Cpl. Edward C. deBree

Outlaws’ Seth Bancroft is a blur as he runs past Warriors’ first baseman Michael Sanders, Monday, at Annex Field during the Intramural Softball League championship game. The Outlaws defeated the Warriors in a two game match to clench onto the championship title for the second time.

CHAMPS, from C-1

of their own. Warriors’ second baseman Craig Siwarga stole and slid into home in a close call, bringing the Warriors’ to the top of the scoreboard, 4-3.

Down, but not out, the Outlaws decided to put an end to the game by the fifth inning. Homerun after homerun, the Outlaws were able to keep the Warriors at bay, bringing the score to 12-4.

It was Outlaws’ Brett Eberhardt who put a nail in the coffin of the Warriors when he hit a grand slam, ending the game 16-4.

“It feels good to win this one because now we’re back-to-back champs, and no team has been able to pull that off in a while,” McMahon said. “Hopefully we can keep up that tradition next year and come back next year strong.”

As the Outlaws celebrated their victory, the Warriors celebrated on their own for playing three games back-to-back.

“We just ran out of gas in that third game,” said Warriors’ coach Romeo Ibrao. “I am proud of them because they really pulled together as a team in the



Lance Cpl. Edward C. deBree

Warriors’ second baseman Craig Siwarga goes for the hit during the Intramural Softball League championship game Monday at Annex Field.

season, and to make it this far is great in itself. We lost a lot of players to injuries. In fact most of our power hitters are injured, so I had to play the bench, but that’s one thing about how I coach. If you’re on my team I will play you.”

Another factor that Ibrao said hurt his team this season was that three players defected from the Warriors’ team to the

Outlaws, but he has no fear for next year because winning the season will depend on how he coaches his players.

“They played a great game,” McMahon said. “When we arrived to see who we were going to play, I was hoping it was Headquarters because they’re a great team. They play with a lot of heart and that’s what this game is about.”



Sgt. Anthony Guas

Former National Basketball Association center Thurl Bailey, signs an autograph during a meet and greet at the Morale Welfare and Recreation center aboard Al Asad, June 12.

NBA, from C-1

Bradley was drafted in 1993 by the Philadelphia 76ers, but made most of his waves with the Dallas Mavericks. He lead the NBA in with 3.40 blocked shots per game in the 1996-97 season and broke the team record with 228 blocked shots in the 2000-2001 season.

The players took time to take pictures and sign multiple autographs for service members deployed to Iraq.

“It is real nice that they came here to show their support for the troops,” said Cpl. Robert Yancer, Marine Air Control Group 28 guard force. “They are bringing back a little bit of America back to the troops.”

Suggestions for a safe Independence Day

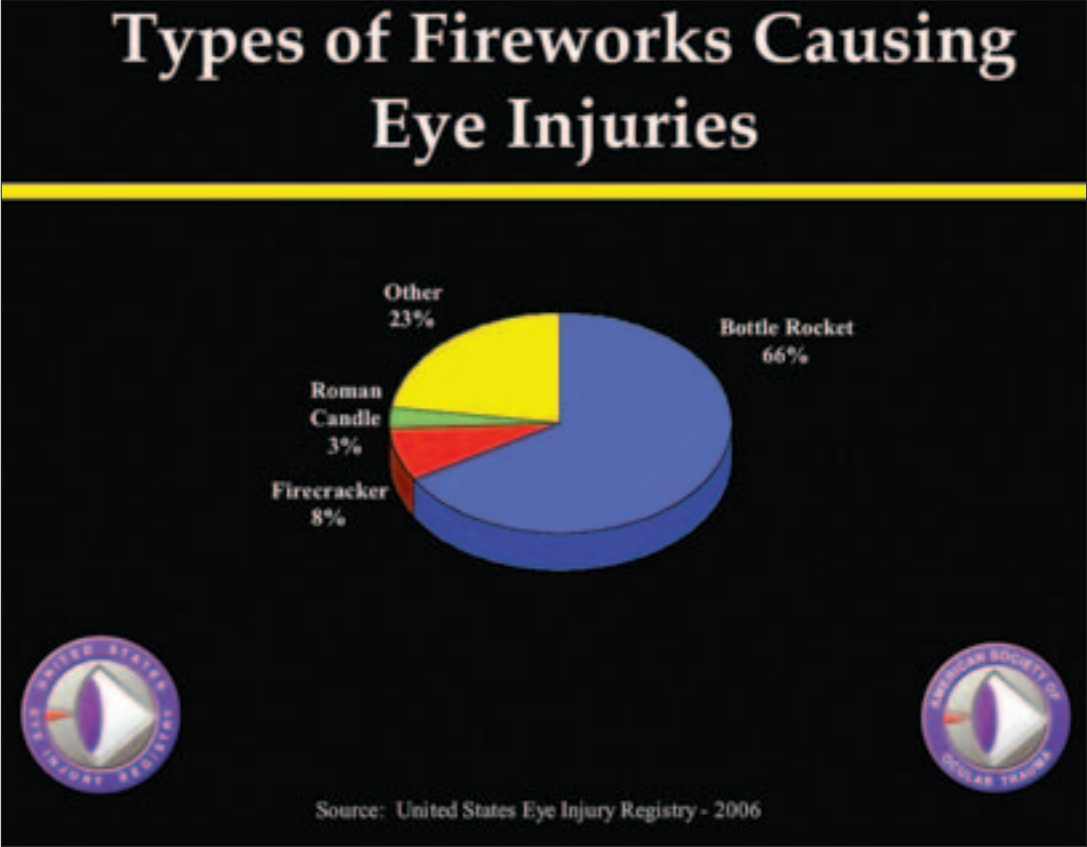
American Society of Ocular Trauma

www.asotonline.org/fireworks

Attend professionally sponsored public fireworks displays.

If you use fireworks, follow these safety rules:

- ♦Don’t use Bottle Rockets!
- ♦Never allow young children to play with fireworks.
- ♦Always provide close adult supervision if older children use fireworks.
- ♦Protect your eyes with safety glasses or safety goggles for both operators and spectators. Regular prescription glasses, sunglasses, or contact lenses provide little or no protection against fireworks injuries and can actually contribute to the injury.
- ♦Read and follow manufacturer’s label instructions.
- ♦Never use illegal fireworks! Fireworks without manufacturer’s label are probably illegal.
- ♦Never use “homemade” fireworks!



- ♦Never put fireworks in glass bottles or containers, tin cans, or clay pots since these objects can shatter and cause serious injury.

- ♦Always have a fire extinguisher or large container of water on hand to douse fireworks that misfire.
- ♦In case of an eye injury,

do not touch, rub or press on the injured eye. Seek immediate care from an ophthalmologist or hospital emergency room.

SPOTLIGHT ON SPORTS

Base Pool

The base pool offers a water slide, diving boards and a kiddie pool for the keiki.

Summer hours:

Open swim
Tuesday through Thursday 1 to 6 p.m.
Saturday and Sunday 12 to 6 p.m.

Adult Lap swim
Tuesday through Thursday 11 a.m. to 1 p.m.
Saturday and Sunday lanes available 12 to 6 p.m.

Water Aerobics
Tuesday and Thursday 11:30 a.m. to 12:30 p.m.
Saturday 10 to 11 a.m.

The pool is closed on Mondays. For more information, call 254-7655.



2007 Intramural Standings

Volleyball

TEAM	WINS	LOSSES
HEALTH CLINIC #1	9	1
FED. FIRE DEPT	8	2
MAG-24	7	3
HEALTH CLINIC #2	3	7
HSL-37	2	8
PMO "HQBN"	1	9

Standings as of June 25



Soccer

TEAM	WINS	LOSSES	TIE	PTS
3RD RADIO BN	8	1	0	16
CSSG-3	8	1	0	16
HQBN	4	5	1	9
VPU-2	3	4	3	9
HSL-37	3	5	2	8
MALS-24	2	6	1	5
VP-9	0	6	3	3

Standings as of June 20

Commander's Cup stats

Team Standings													
Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap	Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap
1	AINOKEA	57	27	640	127	46738	11	VP-9	41	43	531	213	46882
2	Team Whidbey	51½	32½	587	169	47938	12	Flaming Hookers	40	44	605	154	47471
3	BANNED	49	35	642	124	47867	13	Effin' H	37	47	590	166	47661
4	Ghost Team	48½	35½	588	168	47833	14	The Untouchables	37	47	474	260	46554
5	3 Putts	48½	35½	560	191	47735	15	The Happy Team	36	48	520	222	44717
6	Golden Eagle's	48	36	621	142	48216	16	The Blue Ballers	34	50	541	206	44525
7	Team 17	47	37	456	274	46807	17	Team 3	33½	50½	609	151	40346
8	Illegal Affairs:ReDux	46½	37½	657	112	48998	18	Big Ern's Kids	32	52	540	207	42613
9	4th Force Recon	46	38	551	198	47273	19	Da Pin Droppers	30	54	457	273	47091
10	Pinheads	44½	39½	547	202	47531	20	Team Ramrod	28	56	469	264	43987
Results of Last Week's Bowling.....													
Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	
1-2	Team Whidbey	733	703	733	2169	0	Pinheads	840	801	774	2415	4	
3-4	Flaming Hookers	769	740	783	2292	2	Da Pin Droppers	766	769	763	2298	2	
5-6	Ghost Team	739	790	881	2410	4	VP-9	737	754	810	2301	0	
7-8	BANNED	724	738	785	2247	2	Team 3	738	702	805	2245	2	
9-10	The Blue Ballers	769	876	808	2453	4	Effin' H	750	777	789	2316	0	
11-12	4th Force Recon	751	760	750	2261	0	3 Putts	827	773	760	2360	4	
13-14	Illegal Affairs:ReDux	724	674	704	2102	0	The Happy Team	745	750	746	2241	4	
15-16	The Untouchables	734	784	797	2315	1	Team Ramrod	786	728	823	2337	3	
17-18	Big Ern's Kids	768	808	712	2288	2	Golden Eagle's	787	722	750	2259	2	
19-20	AINOKEA	0	0	0	0	0	Team 17	783	732	735	2250	4	
Last Week's High Scores for Immediate Release													
Scratch Game		Scratch Game		Scratch Series		Scratch Series							
Men	225 Mark Gleason	205 Johnny Zaledonis	579 Michael Saxe										
	215 Cody Watters	203 Michael Saxe	570 Mark Gleason										
	214 Bryan Toulson	202 Charlie Nunley	570 Ray DeMarco										
	213 Scott Kuniyuki	202 Lenny Weng											
	206 Salvatore Taibi												
Women	174 Abby Hammond	168 Abby Hammond	478 Abby Hammond	457 Kumi Martin									
	168 Carey Berky		467 Carey Berky										

Sports Briefs

Marine Corps Base Hawaii will host the Hawaii State Criterium Championship bicycle race on July 8. Registration for the event is \$25. Event goers can register on-line at active.com or mail in entries to Carl Brooks at c/o BikeFactory, 740 Ala Moana Blvd., Honolulu, HI 96813.

For more information, call Carl Brooks at 372-4538.

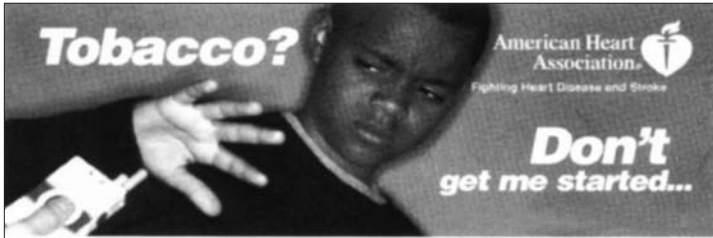
The Women's Softball team meets every Thursday at 6 p.m., at the Annex Field. The team is still looking for players to participate.

Varsity Men's and Women's Basketball coaches are needed. Applications are currently being accepted.

The All-Marine Golf team is now accepting applications for qualified players. Qualified men must have a handicap of 4 or lower and qualified females must have a 14 or lower. For more information, call Meghan Brophy at 254-7590 or go to Building 219 for an application.

The following are the dates and locations of the tournaments.

All-Marine (Sept. 14-20) MCB Lejeune, N.C.
Armed Forces (Sept. 21-27) NAS Oceana, Va.
CISM (Sept. 30 - Oct. 6) Pretoria, South Africa



Take care of your hearing health

Lt. Cmdr. P. L. Pentin
Naval Hospital Bremerton

Long exposure to excessive noise can damage hearing. Cells and nerves in the inner ear are destroyed by continuous or repeated exposure to loud sounds. If enough cells and nerves are destroyed, hearing is permanently lost.

Whether noise harms your hearing depends on the loudness, the pitch and the length of time you are exposed to the noise.

The loudness of a sound is measured in decibels. The loudness and the length of exposure are related – the louder the sound, the shorter the exposure can be before damage occurs.

For example, 8 hours of exposure to 85 dB noise on a daily basis can begin to damage a person’s ears over time. Using power tools (at

about 100 dB), listening to a stereo headset (at about 110 dB), attending a rock concert (at about 120 dB) or hearing a gunshot (at 140-170 dB) may damage the hearing of some people after only a few times.

People often fail to notice the danger of noise because it doesn’t produce many symptoms. Hearing loss is rarely painful.

The symptoms are usually vague feelings of pressure or fullness in the ears, speech that seems to be muffled or far away, or a ringing sound in the ears that you notice when you are in quiet places.

These symptoms may go away minutes, hours or days after the exposure to noise ends.

People assume if their symptoms go away, their ears have bounced back to normal, but this isn’t really true. Even without symptoms

some of the cells of the inner ear may have been destroyed by the noise.

Your hearing will return to normal if enough healthy cells are left, but you can develop lasting hearing loss if the noise exposure is repeated and more cells are destroyed.

The first sign of noise-induced hearing loss is not being able to hear high-pitched sounds, like the singing of birds or the voices of women and small children.

If the damage goes on, hearing declines further, and lower-pitched sounds like men’s voices become hard to understand.

You can help to prevent hearing loss by reducing your exposure to noise.

This step is especially important for people who work in noisy places or who commute to work in noisy traffic or construction.

If you can’t help where you work, choose quiet leisure activities instead of noisy ones.

Develop the habit of wearing earplugs when you know you will be exposed to noise for a long time.

Disposable foam earplugs cost about \$2 a pair and are available in commercial drugstores.

These earplugs quiet about 25 dB of sound and can mean the difference between a dangerous and a safe level of noise.

Consider wearing earplugs when using power tools, lawn mowers, when riding a motorcycle or when attending a rock concert.

Try not to use several noisy machines at the same time. Try to keep television sets, stereos and headsets low in volume.

Loudness is a habit that can be broken.

Activity, nutrition add up

Cmdr. Lissa Ann Wohltmann
USN REDCOM South

To easily cut health care costs, simply put a stop to preventable diseases. This is the basic sentiment of many doctors and health organizations.

One simple way is to take advice from the America On The Move plan.

“We are trying to get people to integrate a moderate amount of physical activity,” said Wendy Artman, an America On The Move representative. “Everybody can make a small step.”

America On the Move is a national initiative designed to help all Americans maintain or improve health through small steps.

No weighing your food, counting calories, calculating the carbohydrates in a Tic-tac or running marathons.

The message is uncomplicated: move more, eat less.

Yet, American culture doesn’t seem to support active lifestyles.

“A lot of physical activity has been engineered out of our lives,” said Philip Haberstro, president of the National Association of Health and

Fitness. For example, children who live three blocks from school don’t walk or ride a bicycle; instead they are driven. An employee who sits in front of a computer all day is considered efficient.

Also, the message is to eat nutritiously and judiciously. According to ScienceDaily, “The hearts of people who follow a low-calorie, yet nutritionally balanced diet resemble those of younger people.”

A great number of restaurants sell an enormous amount of unhealthy fare, while the healthiest eating approach – plant-based nutri-

tion -- is treated as an afterthought.

Dr. Stephen Barrett, known for debunking myths in the medical world, said generally people don't need to purchase expensive nutritional supplements.

"Balanced diet provides the nutrients most people need," he wrote in his report Twenty-Five Ways to Spot Quacks and Vitamin Pushers. “The average American—stressed or not—is not in danger of vitamin deficiency.”

Buying all these excess vitamins and nutrients can cost big bucks. Barrett urges people

to beware when others try their scare tactics.

The average person adhering to U.S. Dietary Guidelines is in no danger of vitamin deficiency.

If someone is treating you and selling you supplements, it’s a good sign that this is not the most reputable individual with whom to trust your health.

You also can stretch your health care dollar by purchasing generic drugs, getting your medications from mail-order pharmacies -- if possible -- having your child vaccinated and avoiding emergency rooms.

Also, get the most from your insurance plan by checking on everything on your bill as well as ensuring your deductible is correct.

If you do become ill, however, learn everything you can about your condition. This will save you time and frustration when dealing with the proverbial runaround from health care providers.

The best and most efficient way to save on health care costs is through the Navy’s Preventive Maintenance System on your body. A healthier body means a healthier wallet.

Stay in the game

Know, use your basketball safety basics

Ann Wells
LIFELines

Congratulations if you woke up this morning with a renewed vigor to become an ace on the basketball court. But beware, injuries are a common side effect of playing sports.

Basketball, one of the most popular sports in the United States, is no exception. More than 200,000 people are treated for basketball-related injuries every year. Though you can't completely eliminate the possibility of an injury, playing safe can certainly reduce the risk.

It's a good idea to get a complete physical before you join a team or begin a basketball program. Make sure your doctor includes an orthopedic exam to evaluate joint flexibility and old bone or sport-related injuries.

Work Up to It

Of course, you're tempted to begin your new basketball regimen at full throttle, but don't. Instead, take time to prepare your body. Begin an exercise routine at least six weeks before official

practice starts. For military families moving in and out of different climates, it's particularly important to acclimatize before the official season starts.

Remember, pain can indicate injury. If you or a family member experiences pain while playing or practicing, tell the coach or see a medical provider. If you have a child or teen player, encourage them to tell you or the coach about pains they may be experiencing. (And be very clear with a child's coach that you don't want your child to be told to "walk it off" or "work through it" or "no pain, no gain.")

Equipment and Court Safety

- ♦Use recommended safety equipment, such as elbow and knee pads or protective eyewear. A finger to the eyeball can be mighty painful.
- ♦Have a complete first-aid kit, including cold packs, available at all games or practices, whether it's formally scheduled or a casual pick-up game.
- ♦Players should follow the guidelines and rules set by the coach, and parents should make sure the coach is discouraging pushing, shoving

- and fighting during games or practices.
- ♦For younger players, consider using smaller, softer balls.
- ♦Look for well-padded walls or poles under the backboard, even in a casual game.
- ♦Make sure the court is clear of debris and has boundaries that are well marked and are a safe distance from walls, fences and other obstructions.
- ♦Court rules should be visibly posted.
- ♦Know the teams medical provider and the extent of medical or first-aid service available on site. Determine if phone service and/or emergency transportation is available from the game location.

Player Preparation

- ♦Warm up and stretch completely before playing and after extended breaks. Risk of injury increases when muscles are cold.
- ♦Drink plenty of water or a sports drink before, during and after practices and games, especially in hot weather.
- ♦Take care of your feet — make sure shoes fit properly and aren't worn out. Wear socks, dry between your toes and be sure to address athletes foot, plan-tar warts and other foot problems immediately.
- ♦Remove all jewelry before the game starts.
- ♦Don't chew gum while playing or practicing.
- ♦Maintain muscle strength, endurance and fitness levels throughout the year. Don't forget your upper body — spaghetti arms might hinder your playing prowess.
- ♦Take time for a good cool-down after the game — this will bring down your pulse and help prevent muscle stiffness.
- ♦Avoid playing games with players who are drunk or high.



Injuries

Despite safety precautions, injuries will occur. Basketball players are particularly prone to sprains and strains in the ankle and foot area.

A sprain is an injury to the ligament that connects bones, and can range from merely stretching the ligament to a full tear. A strain is a pulled muscle.

Symptoms for both sprains and strains vary from mild to severe pain and bruising, limited movement and swelling or bulging at the site of injury. With a sprain, you may hear a popping or snapping sound at the time of injury and you might experience some numbness or tingling.

Mild cases can be treated at home or by a qualified team medic or trainer. To treat a mild sprain or strain, try using some RICE — no, not the fluffy white kind, but:

- R — Rest
- I — Ice
- C — Compress
- E — Elevate

Elevating the leg and a cold compress will help reduce swelling. Severe cases require a doctors attention or serious long-term side effects could result.

Other foot and ankle injuries include broken or dislocated bones, tendinitis (inflamed tendons) and muscle cramps. Less common, though potentially game-ending injuries include blows to the head or eye area and injuries to the lower back, hand and wrist.


Injuries involving bones, joints, head trauma or eye trauma should be evaluated by a doctor. If you're not sure what type of injury you have, play it safe and see a doctor.

Basketball is the fourth leading cause of injury in team sports. You'll have more fun as a player than as a recuperating injured player. Take a few precautions and stay in the game.



A

HEALTHY
TAN IS THE
FIRST SIGN
OF SKIN
CANCER.



IRONIC,
ISN'T IT?

The fact is, tanning can lead to melanoma/skin cancer. So examine yourself regularly. Look for blemishes larger than a pencil eraser, multi-colored or asymmetrical in shape. If you have any questions, see your dermatologist.


AMERICAN ACADEMY OF DERMATOLOGY

spot
MELANOMA/SKIN CANCER
EARLY

www.aad.org

Choose
Healthy
Foods

American Heart Association
Fighting Heart Disease and Stroke



AROUND THE CORPS



Lance Cpl. Nathaniel Sapp

Stanley Cup champions tour Camp Pendleton

Lance Cpl. Nathaniel Sapp

MCB Camp Pendleton

MARINE CORPS BASE CAMP PENDLETON, Calif. — After recently becoming National Hockey League champions, three players from the Anaheim Ducks visited Camp Pendleton Monday with the most prized possession in ice hockey — the Stanley Cup.

As Scott Niedermayer, Dustin Penner and Chris Kunitz signed autographs, people swarmed the Cup, touching and kissing the oldest trophy competed for by professional athletes in North America.

“It’s nice to bring the Cup to where you have fans,” said Kunitz, a 27-year-old left wingman from Regina, Saskatchewan.

“Maybe give the people here a break from the serious nature of their work, joke around a little bit, sign a few autographs, and give them a look at the Stanley Cup.”

Spending their morning learning about, and riding in, an Amphibious Assault Vehicle, the players spent time talking to Marines about weapons, the military and hockey.

“We wanted to see what it is actually like (to be in the military),” said Penner, a 24-year-old right wingman from Winkler, Manitoba, Canada.

Dustin Penner, Anaheim Ducks player is interviewed at Camp Pendleton during a visit by players to the base Monday. The team brought the Stanley Cup with them for fans to have a chance to see.

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